

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

Reserve

.....

1.9

H755St

UNITED STATES
DEPARTMENT OF AGRICULTURE
LIBRARY



Reserve
BOOK NUMBER

1.9

H755St

661954

D 3 (11-10-38)

Not for publication

U. S. DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICSStudy of Diets
of Families on Relief
Washington, D. C.

AS 70

Instructions to Editors of Food Check Lists:
Approximate measures, weights, and description
of items on Food Check List, BHE 503

The material in these tables has been assembled for use in the collection and editing of food check lists and food records.

Editors will need to refer to this list of equivalent weights and measures in order to convert purchasing units other than pounds, to pounds and decimal fractions of a pound. Such entries may have been made on the food check list, in column (3), "Quantity used last 7 days, (give unit)," or on the food record forms BHE 504 and 505 in the columns "Measure (give unit)." The information in the tables will also be useful as a guide in judging the reasonableness and accuracy of the entries in the quantity and measure columns. For this reason a range in weights as well as an average has often been given to indicate acceptable estimates.

The weights in pounds and decimal fractions of a pound have been derived from approximate weights in pounds and ounces. For uniformity and for ease in machine computations, the figures have been carried to two decimal places.

The approximate measures and weights herein contained have been compiled from the following sources:

- ✓ 1. Mary Swartz Rose, "A Laboratory Handbook for Dietetics," 4th edition. The Macmillan Co. (1937).
- ✓ 2. "Approximate or Average Weights of Various Commodities and other Conversion Factors," U. S. Department of Agriculture. Separate from Agricultural Statistics, 1937. No. 10.
- ✓ 3. "Tables of Equivalent Weights and Measures," U. S. Department of Agriculture, Bureau of Home Economics, Study of Consumer Purchases, 1936 (C-96b and supplement).
4. Personal decisions by staff members as a result of weighing and measuring a number of samples of the item under consideration and taking an average.

D 3

AGRI
OL

Common household measures and their equivalents

(All measurements are level.)

3 teaspoons	= 1 tablespoon
16 tablespoons	= 1 cup (standard, measuring)
1/2 cup	= 1 gill
2 cups - fluid	= 1 pint
2 pints (4 cups)	= 1 quart
4 quarts	= 1 gallon
30 grams (exact 28.35)	= 1 ounce
16 ounces	= 1 pound
8 quarts	= 1 peck
4 pecks	= 1 bushel

Apothecaries' weights and measures

480 grains	= 1 ounce
30 cubic centimeters	= 1 fluid ounce
480 minims (M)	= 1 fluid ounce
60 minims (M)	= 1 teaspoonful

Weight and measure of contents of cans of common sizes

Size or can number	Average weight		Approximate measure	Approximate servings
	net	weight		
	<u>Pounds</u>	<u>Ounces</u>	<u>Cups</u>	<u>Number</u>
Buffet or picnic	--	8	1	2 (small)
No. 1	--	11	1 1/3	2
No. 1, tall	1	--	2	3-4
No. 2	1	4	2 1/2	4-5
No. 2 1/2	1	12	3 1/2	5-7
No. 3	2	1	4	6-8
No. 5	3	8	7	10-14
No. 10	6	10	13	20-26

D 102 a (7/15/39)

U. S. DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS

CONVERSION OF OUNCES TO DECIMAL PARTS OF A POUND

		Number of pounds in -					
Ounces	Fraction of oz.	0.00	0.25	0.33	0.50	0.67	0.75
0		0.00	0.02	0.02	0.03	0.04	0.05
1		.06	.08	.08	.09	.10	.11
2		.12	.14	.15	.16	.17	.17
3		.19	.20	.21	.22	.23	.23
4		.25	.27	.27	.28	.29	.30
5		.31	.33	.33	.34	.35	.36
6		.38	.39	.40	.41	.42	.42
7		.44	.45	.46	.47	.48	.48
8		.50	.52	.52	.53	.54	.55
9		.56	.58	.58	.59	.60	.61
10		.62	.64	.65	.66	.67	.67
11		.69	.70	.71	.72	.73	.73
12		.75	.77	.77	.78	.79	.80
13		.81	.83	.83	.84	.85	.86
14		.88	.89	.90	.91	.92	.92
15		.94	.95	.96	.97	.98	.98
16		1.00	--	--	--	--	--

D 102 a

Section I. GRAIN PRODUCTS:

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
1. <u>Bread: white.</u> Include only bread made from patent flour. Do not enter home-made bread. This will be accounted for under ingredients used, such as flour. Include raisin, nut, cinnamon, or other fancy white bread.		
	Breadcrumbs: 1 cup	0.22 ($3\frac{1}{2}$ oz.)
	Date and nut bread: 1 can	0.50 (8 oz.)
2. <u>Wheat</u> (bread). Include bread containing part white flour and part whole wheat flour. Include raisin and other fancy wheat bread.		
	Brown bread: 1 can	1.00
3. <u>Rye</u> (bread). Include seeded rye, pumpernickel, and other forms of rye bread.		
4. <u>Crackers.</u> Include matzoths. Sweet crackers should be entered with cookies under item 6.		
	Arrowroot: 1 box	0.28 ($4\frac{1}{2}$ oz.)
	Butterthins: 1 box	0.22 ($3\frac{1}{2}$ oz.)
	Club crackers (Keebler): 1 box	0.62 (10 oz.)
	Crax: 1 box	1.00
	Graham crackers: 1 large box	1.00
	N.B.C. premium flakes: 1 box	1.00
	Ritz crackers: 1 box	1.00
	Ritz cheese crackers: 1 box	0.50
	Rye krisp: 1 box	0.50
	Saltines: 1 small box	0.28 ($4\frac{1}{2}$ oz.)
	1 medium box	0.44 (7 oz.)
	1 large box	1.00
	Soda crackers: 1 small box	0.20 ($3\frac{1}{4}$ oz.)
	1 large box	1.00
	Sunshine krispy crackers: 1 box	1.00
	Toasted dainties: 1 box	0.48 ($7\frac{3}{4}$ oz.)
	Wheatworth: 1 box	0.47 ($7\frac{1}{2}$ oz.)
	Zwiebach: 1 box	0.38 (6 oz.)
5. <u>Cake.</u> Include cake only if purchased.		
	Cup cakes, iced: 1 dozen	1.50 (1 lb. 8 oz.)

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
6. <u>Other baked goods</u> . Enter rolls, gluten bread, cookies, pies, French pastry, tarts, and doughnuts. Home-baked goods will be accounted for in estimates of the various ingredients used and consumed during the period.		
Buns: 1 dozen	1.25 (1 lb. 4 oz.)	
Cookies: Brown edge wafers, 1 dozen	0.19 (3 oz.)	
Chocolate cookies, 1 dz., 2 $\frac{1}{4}$ " dia.	0.40 (6 $\frac{1}{3}$ oz.)	
1 can	0.62 (10 oz.)	
Chocolate marshmallow cookies, one	0.03 (1/2 oz.)	
Fig-filled cookies, 1 dozen	0.60 (9 $\frac{2}{3}$ oz.)	
Fig newtons, 1 dozen	0.33 (5 $\frac{1}{4}$ oz.)	
1 box	0.75 (12 oz.)	
Ginger snaps, 1 dz., 1 $\frac{3}{4}$ " dia.	0.10 (1 $\frac{2}{3}$ oz.)	
Lemon cookies, 1 dozen, large	0.75 (12 oz.)	
Lorna doone, 1 box	0.34 (5 $\frac{1}{8}$ oz.)	
Social teas, 1 box	0.31 (5 oz.)	
Sugar cookies, 1 dozen	0.75 (12 oz.)	
Vanilla wafers, 1 box	0.30 (4 $\frac{3}{4}$ oz.)	
Doughnuts: 1 dozen	1.19 (1 lb. 3 oz.)	
Pies: 5¢ pie	0.19 (3 oz.)	
10¢ pie	0.62 (10 oz.)	
Pie, n.s.	1.25 - 1.75 (av. = 1.50)	
Mince	2.25	
Rolls: French hard, 1 dozen	1.00	
8. <u>100% whole wheat</u> (bread). Include bread containing 100% whole wheat flour only. Include raisin and other fancy whole wheat bread.		
10. <u>Flour: white</u> .		
1 cup (sifted)	0.25 (3.9 oz.)	
1 cup (unsifted)	0.28 (4.5 oz.)	
(For n.s. flour in cups, use sifted weight.)		
1 large bag FSCC	24.50	
Store	24.00 or 24.50 (av. = 24.00)	
11. <u>Self-rising</u> (flour). Do not include prepared flours for cakes, pancakes, etc., here. They belong with <u>Other</u> (grain products), item 28.		
12. <u>100% whole wheat</u> (flour).		
1 cup (sifted)	0.25 (3.9 oz.)	
1 cup (unsifted)	0.31 (5.0 oz.)	
13. <u>Rye</u> (flour).		
1 cup	0.31 (5.0 oz.)	

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
14. <u>Other</u> (flour). Include buckwheat, rice, and potato flours.		
15 and 16. <u>Corn meal</u> .		
	1 cup	0.31 (5 oz.)
	3 cups	1.00
	Quaker's, med. pkg.	1.25
18. <u>Hominy grits</u> . Include hominy and specify whether cooked or uncooked.		
	Uncooked: 1 cup	0.34 (5.5 oz.)
	Pearl or granulated, Quaker's med. pkg.	1.25
	3-minute, small pkg.	0.62 (10 oz.)
	Hominy, cooked and canned: #2 can	1.25
	#2½ can	1.81 (1 lb., 13 oz.)
	1 quart	1.88 (1 lb., 14 oz.)
19. <u>Rice</u> .		
	1 cup	0.44 (7 oz.)
20. <u>Rolled oats</u> . Include cracked oats, oatmeal.		
	1 cup	0.23 (3-2/3 oz.)
	4½ cups	1.00
	Small pkg.	1.25
	Large pkg.	3.44 (3 lbs. 7 oz.)
21 and 22. <u>Other uncooked cereals</u> . Include wheat cereals, cracked wheat, sago, arrowroot, barley, tapioca.		
	Farina: 1 cup	0.38 (6 oz.)
	Small pkg.	0.50
	Medium pkg.	0.88 (14 oz.)
	Large pkg.	1.75
	Ralston: 1 box	1.50 (1 lb. 8 oz.)
	Wheatena: Small pkg.	0.69 (11 oz.)
	Medium pkg.	1.38 (1 lb. 6 oz.)
	Cream of wheat: Small pkg.	0.88 (14 oz.)
	Large pkg.	1.75
	Wheat cereal, n.s.: Medium pkg.	0.88 (14 oz.)
	Maltex: Medium pkg.	1.38 (1 lb. 6 oz.)
	Pettijohns: Medium pkg.	1.38 (1 lb. 6 oz.)
	Wheatsthworth whole wheat cereal: Med. pkg.	1.25
	Barley (pearl): 1 tablespoon	0.03
	1 cup	0.47 (7½ oz.)
	Cornstarch: 1 tablespoon	0.02
	1 cup	0.28 (4½ oz.)
	Small pkg.	1.00
	Tapioca: 1 tablespoon	0.03
	1 cup	0.41 (6½ oz.)
	Minute, pkg.	0.50
	Whole, pearl, pkg.	1.00
	Cream of rice: Small pkg.	1.12

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
23. <u>Corn flakes.</u>	Include Post toasties	
1 cup	0.08 (1 $\frac{1}{4}$ oz.)
Small box	0.50
Medium box	0.81 (13 oz.)
24 and 25. <u>Other ready-to-eat cereals.</u>	Include all ready-to-eat cereals other than corn flakes.	
All-bran, whole bran, etc.:	Sm. pkg. (Post's)	0.62 (10 oz.)
	Medium pkg.	1.25
Bran flakes:	Medium pkg.	0.62 (10 oz.)
Fig bran:	Small pkg.	0.50
	Medium pkg.	1.25
Grapenuts:	Small pkg.	0.75
Grapenut flakes:	Pkg.	0.44 (7 oz.)
Kellogg's Krumbles:	Small pkg.	0.50
Kellogg's Pep:	Small pkg.	0.62 (10 oz.)
Kix:	Pkg.	0.44 (7 oz.)
Muffets:	Medium pkg.	0.75
Pablum:	1 box	1.00
Postum cereal:	Large pkg.	1.75
Puffed rice:	Small pkg.	0.28
Puffed wheat:	Small pkg.	0.25
Quaker crackles:	Small pkg.	0.44
Raisin bran:	Medium pkg.	1.25
Rice flakes, krispies:	Small pkg.	0.38 (6 oz.)
Sanitarium bran:	Medium pkg.	1.25
Shredded wheat biscuit:	One biscuit	0.06
	Medium pkg.	0.75
	National, 12 biscuits	0.75
	Kellogg's, 15 biscuits	0.75
Triscuit:	4 triscuits (2" square)	0.06
	1 box	0.31 (5 oz.)
Wheat crispies:	Pkg.	0.66
Wheat krumbles	0.56 (9 oz.)
Wheat huskies:	Pkg.	0.62 (10 oz.)
Wheaties :	Pkg.	0.50
Whole wheat flakes	0.69 (11 oz.)

26. Macaroni, spaghetti.

Macaroni:	1 inch pieces, 1 cup	0.25
	Small pkg.	0.53 (8 $\frac{1}{2}$ oz.)
	Large pkg.	4.00
	Mueller's, small pkg.	0.25 (4 oz.)
	Medium pkg.	0.44 (7 oz.)
	Large pkg.	0.56 (9 oz.)

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
26. <u>Macaroni, spaghetti.</u> (continued)		
Spaghetti, uncooked: Small pkg.	0.44-0.56	(Av.=0.50)
Large pkg.	1.00
Mueller's, small pkg.	0.25 (4 oz.)
Medium pkg.	0.44 (7 oz.)
Large pkg.	0.56 (9 oz.)
Spaghetti, canned: Picnic No. 1	0.66 (10½ oz.)
No. 303 can	1.00
No. 2 can	1.25
27. <u>Noodles.</u>		
Mueller's, small pkg.	0.25
Quaker's, medium pkg.	0.38
28. <u>Other</u> (grain products). Include buckwheat grits, prepared cake flours, biscuit flours, pancake flours; also, pop-corn.		
Bisquick: Small pkg.	1.25
Large pkg.	2.50
Buckwheat cake flour: Pkg.	1.25 (20 oz.)
Buckwheat grits: 4½ cups	1.00
Creole waffle flour: Small pkg.	0.75
Devils' food mix: Pkg.	0.91 (14½ oz.)
Gingerbread mix: Pkg.	0.88 (14 oz.)
Lister flour: Pkg.	0.75
Muffin mix: Pkg.	0.73 (11 ¾ oz.)
Pancake flour: Small pkg.	1.25
Medium pkg.	2.75
Large pkg.	3.50
Prepared waffle flour: Medium pkg.	2.00
Large pkg.	4.00
Spice cake mix: Pkg.	0.91 (14½ oz.)

Section II. FATS:

1. Butter.

1 square or pat (1¼" x 1¼" x ¼")	0.02
1 tablespoon	0.03
1 cup	0.50

21 lbs. milk yields 1 lb. butter.

2. Other table fats. Enter margarine and nut butter.

1 pint	1.00
--------	-------	------

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
-------------	----------------	---------------

3. Lard.

1 tablespoon	0.03
1/4 cup	0.12
1 cup	0.50

5 and 6. Bacon. Include bacon in packages and jars. Do not include Canadian bacon.

Small jar	0.31 (5 oz.)
Medium jar	0.56 (9 oz.)

7. Salt pork. Include salt side, fat back, "white meat," fat butt.

8. Vegetable shortening.

Crisco: 1 cup	0.40 (6 1/3 oz.)
Small can	1.00
Medium can	3.00
Large can	6.00
Fluffo: Pkg.	1.00
Spry: Small can	1.00
Large can	3.00

9. Salad and cooking oil. Include cotton seed, soy bean, peanut, and olive oils.

1 cup	0.47 (7 1/2 oz.)
1 pint	0.94 (15 oz.)
1 quart	1.88 (1 lb. 14 oz.)
1 gallon	7.50

10. Mayonnaise. Enter commercial mayonnaise, salad dressing, and sandwich spread. Home-made products will be accounted for under ingredients used.

Mayonnaise: 1 tablespoon	0.03
1 quart	2.00
Hellman's smallest (1 gill)	0.25
Sanico's smallest (1/2 pint)	0.50
Size n.s.: Small jar	0.50
Medium jar	1.00
Large jar	2.00
Sandwich spread: 1 jar, n.s.	0.50

Section III. MILK, CREAM, CHEESE:

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
1. <u>Milk; whole.</u>		
	1 cup	0.53 (8 $\frac{1}{2}$ oz.)
	1 pint	1.08
	1 quart	2.15
2. <u>Buttermilk.</u> Specify whether made from skin or whole milk.		
	1 cup	0.53
	1 pint	1.08
	1 quart	2.15
3. <u>Skim</u> (milk). Include sour milk and acidophilus milk.		
	1 cup	0.53
	1 pint	1.08
	1 quart	2.15
4. <u>Dried skim</u> (milk).		
	1 cup	0.25
	Pkg. (FSCC)	1.00
	1 lb. yields 1 gal. re-constituted fluid skim milk.	
5. <u>Evaporated</u> (milk). Include unsweetened evaporated milk only. Condensed milk belongs with <u>Other</u> (milk), item 6.		
	Small can	0.38 (6 oz.)
	Tall can	0.91 (14 $\frac{1}{2}$ oz.)
	1 pint	1.00
6. <u>Other</u> (milk). Enter sweetened condensed milk, chocolate milk.		
	Chocolate milk: 1 quart	2.15
	Condensed milk: 1 cup	0.69 (11 oz.)
	1 pint	1.38 (1 lb. 6 oz.)
	Eagle brand, 1 can	0.94 (15 oz.)
7. <u>Cream.</u> Include sweet and sour cream; heavy and light cream.		
	20% cream: 1 cup	0.52
	1 pint	1.06
	1 quart	2.12
	40% cream: 1 cup	0.49
	1 pint	1.00
	1 quart	2.06

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
8. <u>Ice cream</u> . Enter ice cream purchased and consumed at home only. Home-made ice cream should not be included. Instead, the ingredients for it should be entered item by item.		

1 cone with ice cream	0.11
\$0.05 ice cream bar	0.15
\$0.10 Dixie cup	0.31
1 pint	0.62
1 quart	1.25

9 and 10. Cheese. Include cottage, pot cheese, and processed cheeses as well as hard cheeses.

Cottage cheese: 1 gill	0.29
1 cup	0.61
1 pint	1.21
Cheese: 1 cup grated American	0.25
Small pkg.	0.25
Medium pkg.	0.50
Large pkg.	1.00

Section IV. EGGS:

1 egg yolk	0.04
1 egg white	0.06
1 egg	0.12 (2 oz.)
1 dozen	1.50

Section V. MEATS, POULTRY, FISH:

Beef:

1. Steak: Round. When a quantity of round steak is purchased and ground for the customer, enter it as "round steak" and label "ground."
12. Other (boiling). Include stewing cuts of beef such as chuck, navel, neck, and shank.
13. Ground. Enter hamburger or any ground beef that is not a special cut, ground to order. Judge by price. If over \$0.20 lb. consider it a special cut.
16. Other (beef). Include beef hearts, beef tongue, tripe, milts, and soup bone.

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
<u>Veal:</u>		
17. <u>Outlet</u> .	Include cuts used for broiling; cutlets, chops, steak.	
18. <u>Roast</u> .	Include veal for hamburger, n.s.	
20. <u>Other</u> (veal).	Enter sweetbreads, hearts, and calves' brains.	
	Kidney, 4 3/4" long	0.44 (7 oz.)
	Sweetbreads, 1 pr., med. size	0.50

<u>Lamb:</u>		
22. <u>Breast</u> (lamb).	Include cuts used for stewing, specifying cut whenever possible and otherwise entering n.s.	
24. <u>Other</u> .	Enter chops, hearts, or kidneys.	
	Loin or rib chops, 4 or 5	1.00
	Shoulder chops, 3 or 4	1.00

<u>Pork, fresh:</u>		
25. <u>Chops</u> .		
	1 chop	0.25
28 and 29. <u>Other</u> (pork, fresh).	Enter fresh ham, shoulder, pigs' feet, spare ribs, chitterlings, pork haslet.	
	Pigs' feet, 1 pr.	2.00
	Pig's head, one	10.00
	Pig's stomach, one	2.00
	Pork haslet, one	5.00

<u>Pork, smoked or cured:</u>		
30. <u>Ham: Sliced</u> (uncooked).	Include ham purchased by the slice for broiling, baking, or frying. Do not include boiled or baked ham which is purchased sliced. It belongs with <u>Cooked meat</u> (Other meat), item 37.	
31. <u>Whole or half</u> .	Note that price per pound is less than ham purchased by the slice.	
32. <u>Other</u> (ham).	Include ends or butts, cuts known as "picnic ham," ham hocks, Boston butts, and Canadian bacon.	
33. <u>Other pork</u> .	(Pork, smoked or cured: not ham). Include all smoked and cured pork which is not considered ham, such as pickled pigs' feet, snouts, tails.	

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
<u>Other meat:</u>		
34. <u>Liver</u> .	Specify kind as beef, calf, lamb, or pork.	
35. <u>Bologna, etc.</u>	Include salami, frankfurters, head cheese, beef cheese, Florida ham, ham loaf, lunch roll, liver pudding, minced ham, pressed ham, souse meat, veal lofa, Philadelphia scrapple. All unspecified meat pudding is to be called liver pudding.	
	Bologna sausage, slice 2 1/8" dia., 1/2" thick	0.09
	Frankfurters, 1 sausage .	0.09
36. <u>Canned meats</u> .	Include canned corned beef and canned chicken. Enter here only canned meats that are <u>not mixed</u> with other foods. Canned corned beef hash and other mixtures are entered below in Section VII, item 26, <u>Canned foods, not specified elsewhere</u> .	
Beef, sliced:	Small jar .	0.22 (3 1/2 oz.)
	Medium jar .	0.31 (5 oz.)
	Large jar .	0.44 (7 oz.)
Canned meats, n.s.:	Pint .	1.12 (1 lb. 2 oz.)
	Quart .	2.25
Canned tongue:	No. 2 can .	1.88 (1 lb. 14 oz.)
	No. 6 can .	6.00
Canned sausage, Vienna style:	No. 1/2 can .	0.25
	No. 1 can .	0.56
	No. 2 can .	1.50
Corned beef:	No. 1 can .	0.75
	No. 2 can .	1.50
Devilled ham:	Small can .	0.08 (1 1/4 oz.)
	Underwood .	0.14 (2 1/4 oz.)
Dried beef:	1 glass .	0.19 (3 oz.)
Spam (Hormel):	1 can .	0.75 (12 oz.)
Vinegar pickled meats:	Small jar .	0.44 (7 oz.)
	Medium jar .	0.88 (14 oz.)
	Large jar .	1.75
37. <u>Cooked meat</u> .	Include any meat purchased cooked, whole or by the slice, except those entered in item 35, <u>Bologna</u> .	
	Beef, hamburger steak, broiled: cake 2 1/2" dia., 7/8" thick	0.12 lb.
	Ham, boiled: 1 slice 4 3/4" x 4" x 1/8"	0.08

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
38 to 40. <u>Other</u> (meat). Include game such as partridge, pheasant, wild duck, rabbit, squirrel, venison; also special meat products as tripe, tongue, kidney, and other organs, when homemaker does not know whether they are beef, veal, lamb, or pork. Include wild fowl only, domestic belongs in items 44 and 45.		
Doves: One		0.50
Pheasants: One		2.00
Rabbits: One boiling		1.75
One frying	1.75 - 3.00 lbs. (Av. = 2.40 lbs.)	
One stewing or roasting	3.00 - 7.00 lbs. (Av. = 5.00 lbs.)	
Squirrels: One		1.25

Poultry:

42. Chicken: Roasting. Include capons.

One medium	3.50 - 4.50 lbs. (Av. = 4.00 lbs.)	
One heavy		4.50

43. Stewing (chicken). Include fowls for fricassee.

One	3.50 - 5.00 lbs. (Av. = 4.25 lbs.)	
-----	------------------------------------	--

44. Other (chicken). Enter chicken for broiling and frying.

Broiling: One light	1.31 - 1.75 lbs. (Av. = 1.05 lbs.)	
One medium	1.75 - 2.12 lbs. (Av. = 1.95 lbs.)	
One heavy	2.12 - 2.50 lbs. (Av. = 2.30 lbs.)	
Frying: One	2.56 - 3.00 lbs. (Av. = 2.80 lbs.)	

45. Other poultry. Enter turkey, duck, goose, squab.

Ducks: One	4.50 - 5.50 lbs. (Av. = 5.00 lbs.)	
Geese: One	8.00 - 12.00 lbs. (Av. = 10.00 lbs.)	
Squabs: Pair	0.75 - 1.00 lbs. (Av. = 0.90 lb.)	
Turkeys: One	9.00 - 21.00 lbs. (Av. = 15.00 lbs.)	

Fish:

46. Fresh (fish). Enter all fresh and frozen fish, and eels.

Bluefish: One		3.00
Croaker or hard head: One	1.00 - 3.00 (Av. = 2.00 lbs.)	
Flounder, entrails removed, without head and tail, 8" long: One		0.78
Haddock: One		1.75
Herring: 1 doz.		4.00
Norfolk spots: One		0.50
Rockfish: One	2.00 - 5.00 (Av. = 3.50 lbs.)	
Sea trout: One		0.50

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
-------------	----------------	---------------

47. Canned salmon.

No. 1, tall can	1.00
Use 1.00 lb. as average size unless otherwise specified.	

48. Other, canned (fish). Include canned tuna fish, sardines, anchovies, mackerel, herring.

Herring: 1 can, n.s.	0.50
Mackerel: 1 can, n.s.	0.94
Sardines, canned: No. 1/4 can	0.20 (3 1/4 oz.)
No. 1/2 can	0.44 (7 oz.)
No. 3/4 can	0.69 (11 oz.)
No. 1 oval can	0.94 (15 oz.)
One can, n.s.	0.21 (3 1/3 oz.)
Tuna fish, canned: No. 1/2 can	0.44 (7 oz.)
No. 1 can, flat	0.81 (13 oz.)

49. Cured (fish). Include smoked herring, smoked salmon, finnan haddie, dried or shredded cod fish, salt herring, salt mackerel, and other smoked and salted fish.

Salt cod fish: Small pkg.	0.50
Medium pkg.	1.00
Salt herring: One	0.25 - 0.31 (Av. = 0.28)
Shredded cod fish: Small pkg.	0.31

Sea food (not fish):

50. Canned. Include canned shrimp, crab, lobster, clam juice, and other canned sea food.

Clams: No. 1 can	0.94
Picnic No. 1 East	0.66
No. 1 tall	1.00
No. 2 can whole clams in juice	1.19
No. 2 can	1.25
No. 3 can	2.12
Clam juice: No. 1 Picnic can	0.58 (9 1/4 oz.)
Clams, minced: No. 1/2 can	0.41 (6 1/2 oz.)
Crab meat: No. 1/2 can	0.46 (7 1/3 oz.)
Lobster: No. 1/4 can	0.19 (3 oz.)
No. 1/2 can	0.38 (6 oz.)
No. 3/4 can	0.56 (9 oz.)
No. 1 flat	0.75
No. 1 tall	1.00
Oysters, canned: 4 oz. can	0.56
No. 1 Picnic East	0.66
8 oz. can	1.06
No. 2 or No. 2 special	1.25
Shrimp, dry pack: Picnic, No. 1 East	0.31
wet pack: No. 1	0.38

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
51 and 52. <u>Other</u> (sea food, not fish). Include fresh shrimp, crab, lobster, clams, oysters, frog legs, snails, turtles, and all other fresh or frozen sea food, whether cooked or raw.		

Without Shell

Clams:	1 dozen	0.47
	1 pint	1.00
Crabs:	Extra large, 4 crabs	1.00
	Medium large, 6 crabs	1.00
Oysters:	1 dozen	0.44
	1 pint	1.02
Shrimp:	1 quart	2.00

Section VI. VEGETABLES, NUTS, FRUITS:

1. Potatoes (Irish).

4 medium	1.00
1 dozen	3.00
1 gallon	7.50
1 peck	15.00

2. Sweet potatoes. Include yams.

2 to 3 potatoes	1.00
1 quart	1.50
1 dozen	4 - 6 lbs. (Av. = 5.00 lbs.)
1 peck	15.00
2.50 - 3.00 lbs. raw sweet potatoes yield 1, No. 3 can or quart	

4. Tomatoes, fresh.

2 - 3 tomatoes	1.00
1 quart	1.50
1/4 peck	3.75
1 gallon	6.00

5. Canned, juice (tomatoes). Include canned whole tomatoes, tomato juice, tomato paste and sauce.

Canned tomatoes:	Picnic, No. 1 East	0.62 (10 oz.)
	No. 300	0.88 (14 oz.)
	No. 1 tall	0.97 (15½ oz.)
	No. 303	1.00
	No. 2	1.19 (1 lb. 3 oz.)
	No. 2½	1.75
	No. 3	2.25
	1 pint can	1.12
	1 quart can	2.25

2.50 - 3.50 lbs. raw tomatoes yield a No. 3 can or quart

<u>Items</u>	<u>Measures</u>	<u>Pounds</u>
Canned tomato juice: Picnic, No. 1 East...	0.59	(9 $\frac{1}{2}$ oz.)
Libby, can.	0.88	(14 oz.)
No. 1, tall.	0.94	(15 oz.)
1 pint.	1.00	
No. 2.	1.12	(1 lb. 2 oz.)
Campbell, regular can.	1.50	(24 oz.)
1 quart.	2.00	
No. 5.	3.12	(50 oz.)
Tomato purée: Picnic No. 1 East....	0.66	(10 $\frac{1}{2}$ oz.)
No. 2 can.	1.19	(1 lb. 3 oz.)

Leafy, green, yellow vegetables.

Fresh

7. Asparagus. 20 large stalks, 7 $\frac{1}{2}$ " long. 0.84
 1 bunch. 1.00 to 3.00 (Av. = 2.00)
8. Beans, lima (fresh, unshelled).
 2 lbs. unshelled yield 1 lb. shelled
 1 quart. 1.12
9. Beans, snap. Include string and wax beans.
 1 quart. 0.81
 $\frac{1}{4}$ peck. 1.50
10. Broccoli. 1 bunch 1.25 to 1.75. (Av. = 1.50)
11. Cabbage. Enter heads of cabbage by weight.
 3 $\frac{1}{2}$ cups chopped or 4-5 cups shredded. 0.69
 1 head. 2.00-6.00 (Av. = 4.00)
12. Carrots. 1 bunch (3 to 6). 1.00
 $\frac{1}{4}$ peck. 3.12
14. Greens: Dandelion. 1 peck. 3.00
16. Spinach (greens). 1 quart. 0.38
 $\frac{1}{4}$ peck. 1.00
18. Other (greens). $\frac{1}{4}$ peck. 1.00
19. Salad greens: Lettuce. Enter both leaf and head lettuce.
 1 head. 0.50 to 1.00 (Av. = 0.75)
20. Other (salad greens). Enter romaine, escarole, curly endive (chicory).
 Endive: 1 head. 0.50

-18-		
<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
21. <u>Kale</u> .	$\frac{1}{4}$ peck.	1.00
22. <u>Okra</u> .	1 quart.	1.00
23. <u>Peas</u> (green, unshelled).	1 cup, shelled.	0.30
	1 quart.	1.00
	$\frac{1}{2}$ peck.	1.75
	2.50 lbs. unshelled yield 1 lb. shelled	
24. <u>Squash</u> , summer.	2, 5-inch squash.	1.00
	1 bushel.	40.00
25. <u>Other</u> (fresh leafy, green, yellow). Include poke, sauerkraut, brussel sprouts.		
Artichokes (French):		
	one.	0.50
	1 dozen.	6.00
Brussel sprouts:		
	1 quart.	1.00
	50-60 sprouts.	1.00
Peppers, green:		
	6, $3\frac{1}{2}$ -inch peppers.	1.00
Pumpkin:		
	One.	4.00-5.00 lbs. (Av.=4.50)
Scallions:		
	1 bunch.	0.30-0.50 lb. (Av.=0.40)

Leafy, green, yellow vegetables.

Canned

Unless otherwise specified the contents of one quart jar of home-canned vegetables or fruits may be considered to weigh 2.06 lbs.

26.	<u>Asparagus</u> .	Picnic No. 1 East.....	0.66 (10½ oz.)
		No. 303.....	1.00
		No. 2.....	1.19 (1 lb. 3 oz.)
		Square can.....	1.94 (1 lb.15 oz.)
		3 lbs. raw yield a No. 3 can or quart	
	Asparagus, soup cuts:	No. 2 can.....	1.19 (1 lb. 3 oz.)
		No. 2½ can.....	1.75
27.	<u>Beans, snap</u> .	Include yellow wax and green string beans	
	Green and wax beans:	Picnic No. 1 East.....	0.62 (10 oz.)
		No. 2 can.....	1.19 (1 lb. 2 oz.)
		1.50 lbs. raw yield a No. 3 can or quart	
28.	<u>Beans, lima (green)</u> .	Include canned fresh limas only. Do not include canned dried beans.	
		No. 2 can.....	1.25
		2 lbs. shelled yield a No. 3 can or quart	

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
29. <u>Peas</u> , (green) Picnic No. 1 East.....		0.66 (10 $\frac{1}{2}$ oz.)
	No. 2 can.....	1.25
	No. 3 can.....	2.06 (2 lbs. 1 oz)
	4 lbs. green peas raw yield a No. 3 can or quart	
30. <u>Other</u> (canned leafy, green and yellow). Include canned spinach, carrots.		
Brussel sprouts:	No. 2 can.....	1.19 (1 lb. 3 oz.)
Cabbage:	No. 2 can.....	1.19 (1 lb. 3 oz.)
Carrots:	No. 2 can.....	1.25
Okra:	No. 2 can.....	1.19 (1 lb. 3 oz.)
Okra and tomatoes:	No. 2 can.....	1.19 (1 lb. 3 oz.)
Peas and carrots:	Picnic No. 1 East.....	0.66 (10 $\frac{1}{2}$ oz.)
	No. 2 can.....	1.25
Pumpkin:	No. 2 can.....	1.19 (1 lb. 3 oz.)
	No. 2 $\frac{1}{2}$ can.....	1.81 (1 lb. 13 oz.)
	4 lbs. raw yields a No. 3 can or quart	
Sauerkraut:	No. 2 can.....	1.19 (1 lb. 3 oz.)
	No. 2 $\frac{1}{2}$ can.....	1.69 (1 lb. 11 oz.)
Spinach:	No. 2 can.....	1.12 (1 lb. 2 oz.)
	No. 2 $\frac{1}{2}$ can.....	1.69 (1 lb. 11 oz.)
	1 lb. raw greens yield a No. 2 can.	

Other vegetables.

Fresh.

31. <u>Beets</u> .	1 bunch (5 medium).....	1.00
32. <u>Cauliflower</u> .	1 head.....	1.00 to 2.00 (Av.=1.50)
33. <u>Celery</u> .	1 bunch.....	1.00
34. <u>Corn on the cob</u> .	12 ears with husks.....	7.00
35. <u>Cucumbers</u> .	2 medium.....	1.00
	1 dozen, 6 to 8 lbs.....	(av.=7.00)
36. <u>Onions</u> .	5-6 Red.....	1.00
	2 Bermuda.....	1.00
	1 quart.....	1.50
	$\frac{1}{4}$ peck.....	3.38
37. <u>Rutabagas</u> .	$\frac{1}{4}$ peck.....	3.75

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
38. <u>Other vegetables, fresh.</u>		
Egg plant:	1 small.....	1.00
	1 dozen.....	19.00
Parsnips:	1 bunch (3 medium).....	1.00
	$\frac{1}{4}$ peck.....	3.12
Radishes:	1 bunch.....	0.25
	24 to 48 small (Av.=36).....	1.00
Salsify (oyster plant):	1 bunch (6 plants).....	1.00
Turnips:	1 bunch (4 medium).....	1.00
	1 dozen	3.00
	$\frac{1}{4}$ peck.....	3.75

Canned: (other vegetables)

39. <u>Beets.</u>	No. 2 can.....	1.25
	No. 2 $\frac{1}{2}$ can.....	1.75
	3 lbs. raw, baby beets yield a No. 3 can or quart	

40. Corn. Include all kinds of canned corn, and specify whether corn-on-cob or kernel.

Canned corn, cream style and whole grain:

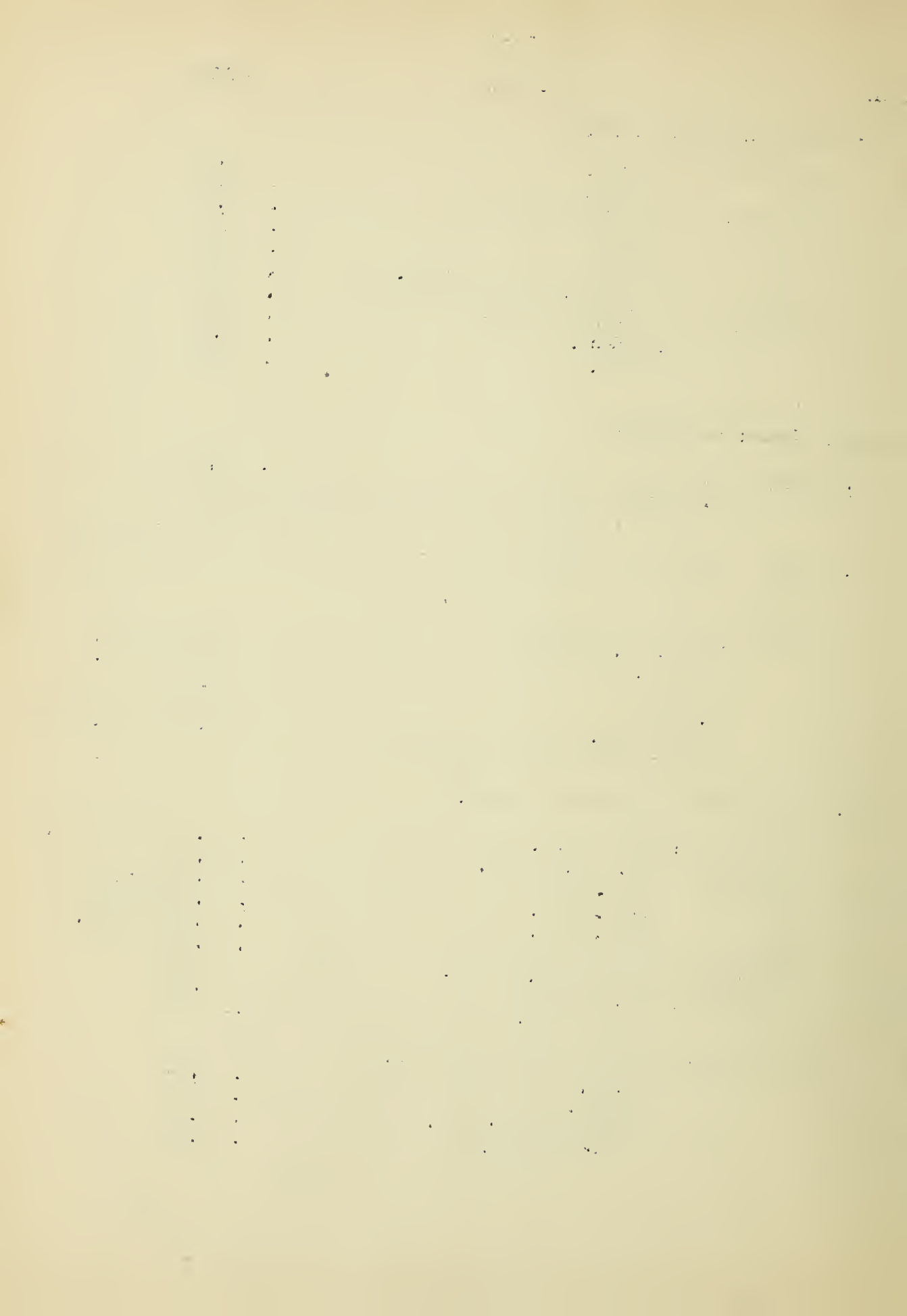
Picnic, No. 1 East.....	0.69 (11 oz.)
No. 300	0.94 (15 oz.)
No. 303	1.00
No. 2	1.25
1 quart jar	2.06 (2 lbs.1 oz.)
4-6 ears, raw, yield a No. 2 can	

41. Other (other vegetables, canned).

Cauliflower:	No. 2 can	1.12 (1 lb.2 oz.)
Mixed vegetables:	No. 2 can	1.25
Mushrooms:	2-oz. can	0.21 (3-1/3 oz.)
	4-oz. can	0.43 (7-oz.)
	8-oz. can	0.78 (12 $\frac{1}{2}$ -oz.)
Parsnips:	No. 2 can	1.25
Strained vegetables:	No. 1 can	0.25
Succotash:	No. 2 can	1.25
	No. 2 $\frac{1}{2}$ can	1.81

All canned vegetables except tomatoes:

Pint	1.00
Quart	2.06
Gallon, commercial	6.44
Gallon, H. P.	8.50



<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
<u>Dried vegetables</u>		
42. Beans, lima.	1 cup.	0.34
43. Beans, navy.	1 cup.	0.44
	1 quart.	1.75
44. <u>Peas</u> . Include dried whole, dried green split and dried yellow split peas.		
	Split peas: 1 cup .	0.47
45. <u>Other</u> (dried vegetables). Include dried corn, lentils and dried beans other than navy or lima.		
	Corn: 1 quart .	1.56
	Lentils: 1 cup .	0.38
46. <u>Beans, baked, canned</u> . Include baked beans canned with or without pork or tomato sauce.		
	Pork and beans: No. 303 can .	1.00
	Kidney beans: No. 300 can .	0.94
		No. 2 can . 1.25
		No. 2 $\frac{1}{2}$ can . 1.88

Nuts

47. Shelled. Include plain, salted, and buttered nuts.
- | | | |
|---------------------|---------------------------------------|--------------|
| Almonds: | 4 cups shelled | 1.00 |
| Cocoanut, Shredded: | Small pkg. | 0.12 (2 oz.) |
| | Medium pkg. | 0.25 |
| | Large pkg. | 0.50 |
| Hickory nuts: | 2 $\frac{1}{2}$ cups shelled. | 1.00 |
| Peanuts: | 3 1/3 cups shelled | 1.00 |

Approximate equivalents
of 1 lb. shelled

Almonds	3.35 lbs., in shell
Brazil nuts	2.00
Butter nuts	2.00
Chestnuts	1.19
Filberts	2.20
Mixed	2.25
Peanuts	1.50
Pecans	2.50
Walnuts, English.	2.40
Walnuts, black	8.35
49. <u>Peanut butter</u> .	
	1 tbsp. 0.03
	1 pint. 1.00

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
-------------	----------------	---------------

Citrus fruits

50. Oranges. Include tangerines, tangeloes, canned oranges. Specify when other than fresh oranges.

Oranges: 3-4 small	1.00
1½-2 large	1.00
1 dozen small 3.00 to 4.00	(Av=3.50)
1 dozen large 7.00 to 10.00	(Av=8.50)
Tangerines: 3-5 medium	1.00
1 dozen	2.50 to 3.50 (Av=3.00)

If weight n.s. edit in weight according to price. If cheap use minimum weight per dozen as above. If expensive use maximum weight per dozen as above. If medium get a decision.

Orange juice: No. 8 Z Tall	0.48 (7 3/4 oz.)
No. 1 can	0.75
No. 2 can	1.12 (1 lb.2oz.)

51. Grapefruit, fresh.

Small, one	1.00
Small, 1 dozen	9.00-12.00 (Av=10.50)
Medium large	1.25

- | | | |
|---------------------------------|---------------|------------------|
| 52. <u>Grapefruit, canned</u> . | No. 8 Z short | 0.40 (6 1/3 oz.) |
| | 1 pint | 1.00 |
| | No. 2 can | 1.25 |
| Grapefruit, <u>juice</u> : | No. 8 Z tall | 0.48 (7 2/3 oz.) |
| | No. 2 can | 1.12 |

53. Lemons. 1, No. 300 can
 0.25 |

Other fruits, fresh

- | | |
|------------------------------|------------------------|
| 54. <u>Apples</u> . 3 medium | 1.00 |
| 1 quart | 1.50 |
| 1 dozen | 3.00-5.00 (Av=4.00) |
| 1 bushel | 40.00-44.00 (Av=42.00) |

- | | |
|--------------------------------|------|
| 55. <u>Bananas</u> . 3 mediums | 1.00 |
| 1 dozen | 4.00 |

56. Berries. Include blackberries, blueberries, cranberries, raspberries, strawberries.

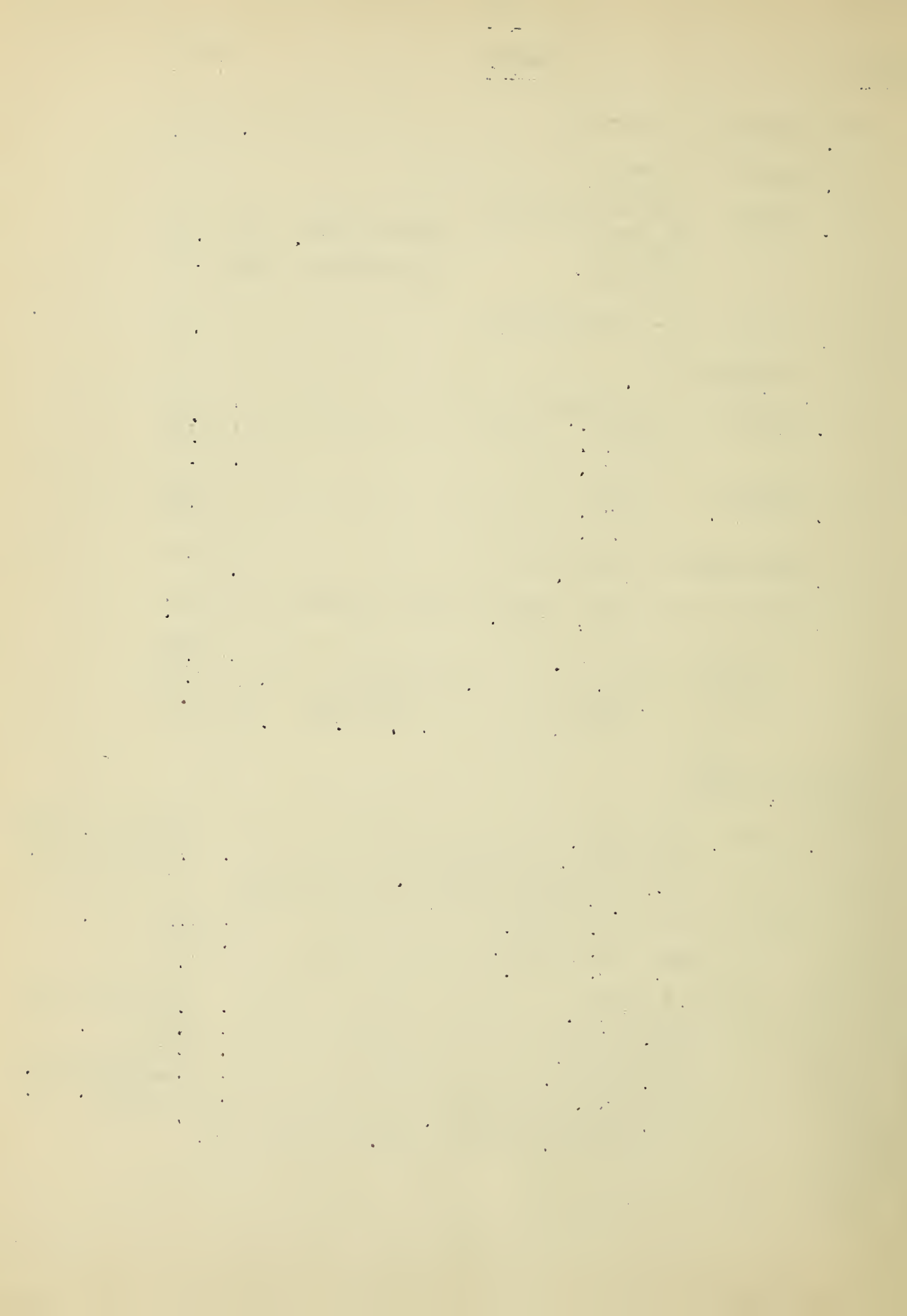
1 quart	1.50
---------	------

- | | |
|------------------------------------|------|
| 57. <u>Cantaloups</u> . Small, one | 1.00 |
|------------------------------------|------|

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
58. <u>Cherries</u> .	1 quart .	1.69
59. <u>Grapes</u> .	1 quart .	1.50
60. <u>Peaches</u> .	5-8 peaches (Av.=6) .	1.00
	1 dozen .	1.50-2.40 lbs. (Av.=1.95)
	1/4 peck .	3.00
	1 bushel .	42.00-48.00 (Av.=45.00)
61. <u>Pears</u> .	3-4 pears, medium .	1.00
62. <u>Pineapple</u> .	One .	2.00
63. <u>Plums</u> .	9-15 (Av.=12) .	1.00
	1 dozen .	1.00
	1 quart .	1.69
64. <u>Rhubarb</u> .	1 bunch .	1.00
	1 quart .	1.25
65. <u>Watermelon</u> .	1 melon .	20.00
66. <u>Other</u> (other fruits, fresh). Include avocados, apricots.		
	Apricots: 1 quart .	1.50
	Avocados: One .	0.50-2.00 (Av.=1.25)
	Figs: 1 quart .	1.50
	1 dozen .	1.00-2.00 (Av.=1.50)

Canned: (fruits)

67. <u>Apples</u> .	No. 2 can .	1.12 (1 lb.2 oz.)
	No. 2 $\frac{1}{2}$ can .	1.62 (1 lb.10 oz.)
	No. 10 can (water packed) .	5.94 (5 lbs.15 oz.)
	2 $\frac{1}{2}$ lbs. raw yield a No. 3 can or a quart.	
Apple butter:	No. 2 can .	1.31 (1 lb.5 oz.)
	No. 2 $\frac{1}{2}$ can .	2.00
Apple sauce:	No. 2 can .	1.25
68. <u>Peaches</u> .	8 Z tall .	0.55 (8 3/4 oz.)
	No. 1 tall .	1.06 (1 lb.1 oz.)
	No. 2 can .	1.25
	No. 2 $\frac{1}{2}$ can .	1.88 (1 lb.14 oz.)
	1 quart .	2.06 (2 lbs.1 oz.)
	No. 10 (water packed) .	6.44 (6 lbs. 7 oz.)
	2 to 2 $\frac{1}{2}$ lbs. raw yield a No. 3 can or quart.	



<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
69. <u>Pears.</u>	No. 8 Z tall	0.55 (8 3/4 oz.)
	No. 1 tall	1.00
	No. 2 can	1.25
	No. 2½ can	1.88 (1 lb.14 oz.)
	No. 10 (water packed)	6.38 (6 lbs.6 oz.)
	2 lbs. raw yield a No. 3 can or quart.	
70. <u>Pineapple.</u>	Pineapple tidbits	0.50 (8 oz.)
	Pineapple gems	0.88 (14 oz.)
	No. 1 flat	0.69
	No. 1 tall	0.88
	No. 2 can (crushed)	1.25
	No. 2½ can	1.88
71. <u>Fruit juices.</u>	Include grape juice, prune juice, and all other canned fruit juices, except citrus.	
	Apricot juice, can	0.75 (12 oz.)
	Pineapple juice: No. 1 can	0.69 (11 oz.)
	No. 2 can	1.12 (1 lb.2 oz.)
	No. 2½ can	1.62 (1 lb.10 oz.)
	Fruit juice, n.s.: 1 pint	1.00
	1 quart	2.00
72. <u>Other</u> (other fruits, canned).	Include apricots and all other canned fruits not listed.	
	Apricots: No. 1 tall	1.06 (1 lb.1 oz.)
	No. 2 can	1.31 (1 lb.5 oz.)
	No. 2½ can	1.88 (1 lb.14 oz.)
	No. 10 (water packed)	6.44 (6 lbs.7 oz.)
	Blackberries: No. 8 Z short	0.48 (7 3/4 oz.)
	No. 2 can	1.25
	No. 10 (water packed)	6.44 (6 lbs.7 oz.)
	Blueberries and huckleberries:	
	No. 2 can	1.19 (1 lb. 3 oz.)
	No. 10 (water packed)	6.38 (6 lbs.6 oz.)
	Berries, n. s.: 1 pint	1.00
	1.25-1.50 lbs. raw berries yield a No. 3 can or quart.	
	Cherries, unpitted: No. 8 Z short	0.50
	No. 1 tall	1.06 (1 lb. 1 oz.)
	No. 2 can	1.25
	No. 2½ can	1.88 (1 lb.14 oz.)
	Cherries, pitted (sour): No. 2 can	1.44 (1 lb. 7 oz.)
	No.10(water packed).	6.44 (6 lbs.7 oz.)
	Cranberry sauce: No. 2 can	1.38 (1 lb. 6 oz.)
	Figs: No. 1 tall	1.06 (1 lb.1 oz.)
	No. 2 can	1.31 (1 lb.5 oz.)
	No. 2½ can	1.94 (1 lb.15 oz.)

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
Fruit salad: No. 1 can		1.06 (1 lb. 1 oz.)
Fruit cocktail: No. 2 $\frac{1}{2}$ can		1.88 (1 lb.14 oz.)
Fruits for salad: No. 8 Z short		0.50
No. 8 Z tall		0.55 (8 $\frac{3}{4}$ oz.)
No. 1 tall		1.06 (1 lb. 1 oz.)
No. 2 can		1.25
No. 2 $\frac{1}{2}$ can		1.88 (1 lb.14 oz.)
Grapes: No. 2 can		1.25
No. 2 $\frac{1}{2}$ can		1.88 (1 lb.14 oz.)
No. 10 (water packed)		6.88 (6 lbs.14 oz.)
Gooseberries: No. 1 tall		1.06 (1 lb. 1 oz.)
No. 2 can		1.31 (1 lb. 5 oz.)
No. 10 (water packed)		6.31 (6 lbs.5 oz.)
Loganberries: No. 8 Z tall		0.56 (9 oz.)
No. 1 tall		1.06 (1 lb. 1 oz.)
No. 2 can		1.31 (1 lb. 5 oz.)
No. 2 $\frac{1}{2}$ can		1.94 (1 lb.15 oz.)
No. 10 (water packed)		6.44 (6 lbs.7 oz.)
Plums: No. 2 can		1.25
No. 2 $\frac{1}{2}$ can		1.88 (1 lb.14 oz.)
No. 10 (water packed)		6.30 (6 lbs.4 $\frac{3}{4}$ oz.)
1.50-2.00 lbs. raw yield a No. 3 can or quart.		
Prunes, canned fresh: No. 2 can		1.25
No. 2 $\frac{1}{2}$ can		1.88 (1 lb.14 oz.)
No. 10 (water packed).		6.50
Red Raspberries: No. 8 Z tall		0.55 (8 $\frac{3}{4}$ oz.)
No. 1 tall		1.06 (1 lb. 1 oz.)
No. 2 tall		1.25
No. 10 (water packed).		6.44 (6 lbs.7 oz.)
Black raspberries:No. 8 Z tall		0.55 (8 $\frac{3}{4}$ oz.)
No. 1 tall		1.06 (1 lb. 1 oz.)
No. 2 tall		1.25
No. 10 (water packed)		6.38 (6 lbs.6 oz.)
Rhubarb: No. 2 can		1.12 (1 lb. 2 oz.)
Strawberries: No. 1 tall		1.06 (1 lb. 1 oz.)
No. 2 can		1.25

Average weights of canned fruits

Pint	1.00
Quart	2.06
Gallon; commercial	Weight of No. 10 can
Gallon, H P.	8.25

Dried fruits

73. <u>Apricots</u> . 9 halves	0.08 (1 $\frac{1}{4}$ oz.)
Small package	0.69 (11 oz.)
5 $\frac{1}{2}$ lbs. fresh yield 1 lb. dried.	

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
74. <u>Peaches</u> .	$\frac{1}{4}$ peck, unpeeled or n.s.	2.00
	$\frac{1}{4}$ peck, peeled	2.50
	$5\frac{1}{2}$ pounds fresh yield 1 lb. dried	
75. <u>Prunes</u> .	4 medium, A. P.	0.08 ($1\frac{1}{4}$ oz.)
	Small pkg.	1.00
	Med. pkg.	2.00
	Large pkg.	4.00
	$2\frac{1}{2}$ to 4 lbs. fresh yield 1 lb. dried	
76. <u>Raisins</u> .	1 cup, seeded	0.25
	Small pkg., n.s.	0.44 (7 oz.)
	1 cup, seedless	0.50
	med. pkg., n.s.	0.94 (15 oz.)
	4 lbs. fresh grapes yield 1 lb. raisins	
77. <u>Other</u> (fruits dried). Include figs, citron and both fresh and dried dates.		
Apples:	1 cup	0.19
	Small pkg.	0.69 (11 oz.)
	1 quart	0.75
	$1/4$ peck	3.12
	7 lbs. fresh yield 1 lb. dried	
Figs, chopped:	1 cup	0.34
	Small pkg.	0.50
	3 to 4 lbs. fresh yield 1 lb. dried.	
Citron, chopped:	1 cup	0.18
Cherries:	4 to 5 lbs. fresh yield 1 lb. dried.	
Currants:	1 cup	0.34
Dates, stoned:	1 cup	0.39
Dates, n.s.:	Small pkg.	0.47 ($7\frac{1}{2}$ oz.)
	Med. pkg.	0.62 (10 oz.)
	Large pkg.	2.00
	$1\frac{1}{3}$ lbs. fresh yield 1 lb. dried.	
Pears:	$5\frac{1}{2}$ lbs. fresh yield 1 lb. dried.	

Section VII. SWEETS AND MISCELLANEOUS:

1. <u>Sugar:Granulated</u> .	1 cup	0.46 ($7\frac{1}{3}$ oz.)
	$2\frac{1}{6}$ cups	1.00
	Small box	2.00
2. <u>Brown</u> (sugar).	1 cup	0.35
	Pkg., $2\frac{3}{4}$ cups	1.00
3. <u>Other</u> (sugar). Include confectioner's sugar, powdered sugar, maple sugar.		
<u>Confectioner's sugar</u> :	Pkg.	1.00
<u>Powdered sugar</u> :	1 cup	0.38 (6 oz.)
	$2\frac{2}{3}$ cups	1.00

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
4. <u>Molasses.</u>	1 cup	0.75
	Small can	1.12 (1 lb. 2 oz.)
	No. 2 $\frac{1}{2}$ can	1.75
	1 quart	3.00
5. <u>Sirup: corn.</u>	1 tbsp.	0.04 (2/3 oz.)
	1 cup	0.62 (10 oz.)
	1 $\frac{3}{5}$ cups	1.00
	No. 2 can	1.73 (1 lb. 11 $\frac{3}{4}$ oz.)
	No. 2 $\frac{1}{2}$ can	2.42 (2 lbs. 6 $\frac{2}{3}$ oz.)
	1 quart	2.88 (2 lbs. 1 $\frac{1}{4}$ oz.)
Karo:	Small can	1.00
	Medium can	1.50
	Large can	3.00
6. <u>Other (sirup).</u>		
	Sirup, maple: 1 cup	0.70
	1 $\frac{2}{5}$ cups	1.00
	1 quart	2.75
	Log Cabin: Small can	0.75 (12 oz.)
	Large can	2.19 (2 lbs. 3 oz.)
	8 lbs. maple sugar yield 1 gal. sirup.	
7. <u>Jellies.</u>	1 $\frac{1}{3}$ cups	1.00
	1 pint	1.50
8. <u>Jams.</u>	No. 1, tall can	1.25
	No. 2 can	1.50
	1 pint	1.50
	No. 2 $\frac{1}{2}$ can	2.19 (2 lbs. 3 oz.)
9. <u>Preserves.</u>	1 quart jar	3.00
10. <u>Candy.</u>	Hershey almond bar	0.09 (1 $\frac{1}{2}$ oz.)
	Nestle bar	0.09 (1 $\frac{1}{4}$ oz.)
	Hershey plain bar	0.11 (1 $\frac{3}{4}$ oz.)
	Kraft caramel	0.12 (2 oz.)
	Baby Ruth	0.16 (2 $\frac{1}{2}$ oz.)
	O. Henry	0.16 (2 $\frac{1}{4}$ oz.)
	n.s. average @ \$0.20	1.00
11-12. <u>Other sweets.</u>	Include honey, chocolate sirup, candied ginger, orange peel, and other candied fruits.	
	Honey: 1 box (honey comb)	0.80 (12 $\frac{3}{4}$ oz.)
	1 $\frac{1}{3}$ cups	1.00
	1 quart	3.00
	Chocolate sirup: Small can	0.34 (5 $\frac{1}{2}$ oz.)
	Large can	1.00
	Candied fruit peel: Small pkg.	0.25

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
-------------	----------------	---------------

Miscellaneous:

13. Chocolate. Include chocolate for cooking; chocolate bars belong in item 10, Candy.

Chocolate, unsweetened: 1 square	0.06 (1 oz.)
Usual size	0.50

14. Cocoa. 1 tbsp. 0.02 ($\frac{1}{4}$ oz.)
 Small box 0.20 (3 $\frac{1}{5}$ oz.)
 Medium box 0.50
 Large box 1.00-2.00. (Av.=1.50 lb.)

15. Coffee. Include coffee substitutes.

Instant Postum: Small pkg.	0.25
Medium pkg.	0.50

16. Tea. Small box 0.11 (1 $\frac{3}{4}$ oz.)
 Medium box 0.25
 Tea balls: 10 balls to box 0.07 (1 $\frac{1}{5}$ oz.)
 15 balls to box 0.11 (1 $\frac{3}{4}$ oz.)

17. Packaged desserts. Include chocolate pudding, gelatine, and gelatine desserts, ice cream powders, pie filling, and other dry, prepared desserts. Include dry, prepared flavorings for drinks such as orange-ade and malted milk.

Gelatine: Granulated, 1 tbsp.	0.02
Cox, Knox, small pkg.	0.06 (1 oz.)
P. Cooper, small pkg.	0.09 ($1\frac{1}{2}$ oz.)
Jello and gelatine desserts	0.20 ($3\frac{1}{3}$ oz.)
Junket powder or tablets: One junket tablet.	0.01
Small pkg.	0.09 ($1\frac{1}{2}$ oz.)
Kremel	0.25
Malted milk powder: 1 tbsp.	0.02
Ovaltine: Small can	0.50
Large can	1.00
Pudding mixture: Small pkg. 0.25 or 0.28 lb.	(Av.=0.26)

- 18-22. Baking powder, Soda, Salt, Vinegar, Spices, Extracts. The housewife should not be asked to estimate quantities used, but the agent should put a check in column (3) for each article used.

18. Baking powder. If checked and no price is specified, edit in \$0.02.
 Small pkg. 0.31 (5 oz.)
 Medium pkg. 0.50
 Large pkg. 1.00

19. Soda (baking). If checked and no price is specified, edit in \$0.01.
 Medium pkg. 0.50
 Large pkg. 1.00

<u>Item</u>	<u>Measure</u>	<u>Pounds</u>
20. <u>Salt</u> .	If checked and no price is specified, edit in \$0.01.	
21. <u>Vinegar</u> .	If checked and no price is specified, edit in \$0.01.	
	1 cup	0.50
	1 pint	1.00
22. <u>Spices, extracts</u> .	If both are checked and no price is specified, edit in \$0.02, \$0.01 for each.	
Spices:	Small pkg. 0.09-0.12 lb. (Av.=0.11 lb.)	
	Mod. pkg.	0.19 (3 oz.)
	Large pkg.	0.25
Mustard, dry:	Small pkg.	0.25
	Mod. pkg.	0.50
	Large pkg.	1.00
Mustard, prepared:	Small jar.	0.19 (3 oz.)
	Med. jar.	0.50
Pepper:	Small pkg.	0.19 (3 oz.)
	Med. pkg.	0.25
	Large pkg.	1.00
Poultry seasoning:	Small pkg.	0.09 (1½ oz.)
Extracts:	Small pkg.	0.12 (2 oz.)
	Med. pkg.	0.25
	Large pkg.	0.50
Root beer extract:	1 bottle	0.19 (3 oz.)
23. <u>Pickles, relishes</u> .		
Pickles:	1 pint	1.00
	Gherkins, 1 pint	1.00
	Dill, No. 2½ (8-10 pickles)	1.25
	1 quart	2.00
Relishes, n.s.:	1 quart	2.00
Chili sauce:	Small pkg.	0.50
	Medium pkg.	0.75
Worcester sauce:	Small pkg.	0.31 (5 oz.)
	Medium pkg.	0.62
Catsup:	14-oz. bottle	0.88 (14 oz.)
24. <u>Olives</u> :	Small bottle	0.12 (2 oz.)
	Medium bottle	0.41 (6½ oz.)
	Drained weight: No. 8 Z tall	0.28 (4½ oz.)
	No. 1 can tall	0.56 (9 oz.)
Ripe:	Small can	0.31 (5 oz.)
	Large can	0.56 (9 oz.)
25. <u>Canned soups</u> .	Not specified, No. 1 can	0.69
	Vegetable No. 1 can	0.69 (11 oz.)
	Campbell's	0.66 (10½ oz.)
	Heinz's	1.00
	Picnic No. 1 East	0.66 (10½ oz.)
	No. 2 can	1.25



NATIONAL AGRICULTURAL LIBRARY

1022849579